

# EARN WHILE YOU LEARN

## What is EWYL?

The Origin of EWYL  
The Lesson Blueprint  
Facilitators  
Getting Acquainted  
Personalized Lesson Plans  
Mommy Store  
Mommy Money

## Why Use EWYL?

EWYL Advantages  
Directors talk about EWYL  
Clients talk about EWYL  
Abortion Minded Clients  
The Heart of a PRC  
Medical v. Loving?

## EWYL Curriculum

Main Curriculum **UPDATED!**  
Main Upgrade **2015**  
Toddler Pack  
Parenting  
Life Skills  
Bible Study  
Positive Partnerships **NEW!**  
Practical Fatherhood **NEW!**  
Men's Fraternity  
Special Circumstances  
SC Upgrade **NEW!**  
Essentials Set  
Complete Set  
Spanish  
Refill Packs  
Promotional Items

## Sample Lessons

Main Curriculum  
Toddler Pack  
Parenting Pack  
Life Skills  
Bible Study  
Special Circumstances  
Practical Fatherhood  
Men's Fraternity

## Resources

Best Practices **NEW!**  
Volunteer Card **NEW!**  
Self-Paced Training **NEW!**  
Getting Acquainted **Updated!**  
Purchase Worksheet  
Promotional Materials  
How to Pay for EWYL  
Financing EWYL  
Sample Donation Letter  
Personalized Lesson Plan  
PLP - Excel  
Men's Lesson Plan  
Spanish Lesson Plan

Curriculum Updates  
Updated Pages  
Suggest an Update

FAQ

## EWYL Lessons

EARN WHILE YOU LEARN is not like most curriculum. EWYL is a program designed specifically for the young mothers (and fathers) who will visit your clinic. This means that the curriculum is written in simple and easily understood language to give all clients the opportunity to learn and grow. It was specifically made to be easily administered without a large investment in training or supplies. Finally, the curriculum is filled with many opportunities to foster relationships between the client and facilitator. In other words, this curriculum is designed to be simple, effective, and powerful.

The EWYL curriculum is divided into packs covering large subjects like Pregnancy, Parenting, Toddlers, Fatherhood, etc. Each pack contains individual modules that are made up of 5 lessons each. Some packs have up to 11 modules (55 lessons) and some have as few as 2 modules (10 lessons).

### The Lesson Blueprint

Each lesson starts with a facilitator instruction page that contains all the information an instructor would need to teach the lesson. It lists the resources that will be used in the lesson (DVD, pamphlet, etc.) and explains who the correct audience is for the subject matter. In this one page, the lesson facilitator has all the information needed to complete the lesson.

After the instruction page, the lesson begins. There are two types of lessons in the EWYL program. The first type are DVD lessons which are based on a professionally produced DVD. A reproducible worksheet for the client is included in each lesson and is filled out by the client while the DVD is playing. These simple worksheets emphasize important points of the presentation and reinforce the main concepts. A worksheet key is included for the facilitator to check the answers.

The second type of lesson is written information that should either be read together or by the client alone. In written lessons there are questions designed to help the client understand and apply the information. There are also questions meant to be reviewed with the facilitator that will help build relationships and give the clients a chance to think about what they are learning and how it applies in their own lives.

Lessons also include a reproducible homework sheet that will help the client apply the lesson in their own life. The homework sheet is normally open-ended, with questions to help the clients internalize the information. Some homework needs a small pamphlet to go home to help with the answers while others ask for a simple fun project. Homework will only take the client a few minutes, but it will help them remember the important information they learned for a lifetime.

### The 5 Easy Steps of an EWYL Lesson

- Facilitator reviews the personal lesson plan, decides next lesson.
- Facilitator reads instruction page and copies lesson worksheets.
- Client arrives, is greeted and starts on the lesson.
- Facilitator reviews lesson and discussion questions.
- Client takes homework home and returns it on their next visit!

Chat now



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## Main Curriculum

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### Description

Pregnancy to Early Childhood.

The EWYL Main Curriculum covers the important information from the First Trimester to a few months after birth. The first lessons give your client a glimpse into the life growing inside them and the amazing developments happening along the way. It also helps them know what to expect as their pregnancy progresses.

Additional modules cover self-care during pregnancy, proper medical appointments, choosing a doctor, delivery and birth, the importance of bonding, and early infant care. Also included are some special lessons for clients who want or need to take them including: Going it Alone, Adoption, and Smoking and Pregnancy. The Main Curriculum covers what your client needs to know during her pregnancy.

### Resources

<b>7677EW-1</b>	<b>Module 1 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 1.1 - The First Trimester</i>		
7779PA	DVD - Pregnancy A to Z (also in Mod. 3,4) New Dec. '13	\$79.95
	Video: 28 min., Section: The First Trimester	
100GIL	Precious Feet	\$1.95
<i>Lesson 1.2 - Prenatal Care</i>		
7700UP	DVD - Understanding Pregnancy (also in Mod. 2, 4)	\$279.95
	Video: 11 min., Section: Chapter 2: Medical Care	
<i>Lesson 1.3 - Eating for Two</i>		
7700UP	DVD - Understanding Pregnancy (also in Mod. 2, 4)	\$279.95
	Video: 15 min., Section: Part 3: Nutrition	
<i>Lesson 1.4 Going It Alone <b>NEW!</b></i>		
7701GA	DVD - Going it Alone <b>NEW!</b>	\$39.95
<i>Lesson 1.5 - Your Developing Baby</i>		
7700UP	DVD - Understanding Pregnancy (also in Mod. 2, 4)	\$279.95
	Video: 12 min., Section: Chapter 1: Fetal Development	
9993NM	Literature - Your First Nine Months	\$1.00
<b>7677EW-2</b>	<b>Module 2 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 2.1 - Smoking while Pregnant <b>NEW!</b></i>		
7781YC	DVD - You Can Quit <b>NEW!</b>	\$79.95
	Video: 18 min., Section: Full DVD	
9350SP	Literature - Smoking and Pregnancy	\$0.35
<i>Lesson 2.2 - Ultrasound - Window to the Womb</i>		
7760PC	DVD - Ultrasound: Eyewitness PCC Version	\$39.95
	Video: 12 min., Section: Pregnancy Care...	
<i>Lesson 2.3 - What's Safe, What Isn't</i>		
7700UP	DVD - Understanding Pregnancy (also in Mod. 1, 4)	\$279.95
	Video: 9 min., Section: Chapter 6: Understanding Hazards	
<i>Lesson 2.4 - Bonding with Your Unborn Baby</i>		
78327IW	DVD - In the Womb	\$24.95
	Video: 40 min., Section: Full DVD	
<i>Lesson 2.5 - Your Changing Body</i>		
7700UP	DVD - Understanding Pregnancy (also in Mod. 1, 4)	\$279.95
	Video: 31 min., Section: Chapters 4, 5, 7	
<b>7677EW-3</b>	<b>Module 3 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 3.1 - Pregnancy - The Second Trimester</i>		
7779PA	DVD - Pregnancy A to Z (also in Mod. 1,4) New Dec. '13	\$79.95
	Video: 30 min., Section: Full DVD	

<i>Lesson 3.2 - Understanding Your Baby's Cry (Part 1)</i>		-
7739BL	DVD - Dunstan Baby Language Video: 24 min., Section: Disc 1	\$34.95
<i>Lesson 3.3 - Your Unborn Baby's Secret World</i>		-
7712UB	DVD - Your Unborn Baby's Secret World New 2014!	\$29.95
<i>Lesson 3.4 - Reducing the Risk of SIDS</i>		-
7731SR	DVD - Safe Sleep Video: 14 min., Section: Full DVD	\$29.95
HH20	Literature - SIDS Homework Pack	\$0.00
<i>Lesson 3.5 - Understanding Your Baby's Cry (Part 2)</i>		-
7739BL	DVD - Dunstan Baby Language Video: 13 min., Section: Disc 2	\$34.95
989EI-L	Literature - When Your Baby Cries	\$0.35
<b>7677EW-4</b>	<b>Module 4 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 4.1 - Pregnancy - The Third Trimester</i>		-
7779PA	DVD - Pregnancy A to Z (also in Mod. 1,3) New Dec. '13 Video: 30 min., Section: Full DVD	79.95
<i>Lesson 4.2 - Getting Ready for Baby</i>		-
7700UP	DVD - Understanding Pregnancy (also in Mod. 1, 2) Video: 11 min., Section: Chapter 2: Medical Care	\$279.95
<i>Lesson 4.3 - Eye Contact Means Love</i>		-
7713MF	DVD - Infant Bonding (also in 4.4, 4.5) New 2014! Video: 11 min., Section: Eye Contact Means Love	\$69.95
<i>Lesson 4.4 - Infant Temperament</i>		-
7713MF	DVD - Infant Bonding (also in 4.3, 4.5) New 2014! Video: 12 min., Section: Infant Temperment	\$69.95
986YB-L	Literature - Your Newborn's Emotions	\$0.35
<i>Lesson 4.5 - The Importance of Bonding</i>		-
7713MF	DVD - Infant Bonding (also in 4.3, 4.4) New 2014! Video: 12 min., Section: Infant Bonding	\$69.95
985EE-L	Literature - Your Baby Learns...	\$0.35
<b>7677EW-5</b>	<b>Module 5 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 5.1 - Infant Massage</i>		-
7775BT	DVD - Its Baby Time Video: 47 min., Section: Full DVD	\$19.95
988TI-L	Literature - Your Loving Touch	\$0.35
<i>Lesson 5.2 - Newborn Care</i>		-
7734BB	DVD - Bringing Home Baby Video: 17 min., Section: Chapter 1	\$19.95
987TY-L	Literature - Coming Home with Your Baby	\$0.35
<i>Lesson 5.3 - Bathing and Sleep</i>		-
7734BB	DVD - Bringing Home Baby Video: 10 min., Section: Chapter 3	\$19.95
984AT-L	Literature - The Wonderful Talents of...	\$0.35
<i>Lesson 5.4 - Caring for Yourself</i>		-
7734BB	DVD - Bringing Home Baby Video: 23 min., Section: Chapter 4	\$19.95
990YB-L	Literature - Caring for Your Body After...	\$0.35
<i>Lesson 5.5 Immunizations NEW!</i>		FREE!*
7736IM	DVD - Childhood Immunizations NEW! Video: 11 min., Section: Full DVD	\$39.95
9400IIV	Literature - Childhood Immunizations (Qty 50) NEW!	\$17.50
997FY	Literature - First Years Last Forever	\$1.50
<b>7677EW-6</b>	<b>Module 6 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 6.1 - The Parent-Child Relationship</i>		-
7777EC	DVD - Emotion Coaching New Dec. '13 Video: 19 min., Section: Full DVD	\$25.95
992NY-L	Literature - The Importance of Nurturing...	\$0.35
<i>Lesson 6.2 - Safe From the Start - CPR Training NEW!</i>		FREE!*
7790SB	DVD - Saving Baby's Life NEW! Video: 9 min., Section: Full DVD	\$19.95
996SS	Literature - Safe From the Start	\$1.50
<i>Lesson 6.3 - Parenting with Respect</i>		-

No Resources Needed		-
<i>Lesson 6.4 - Quality Child Care NEW!</i>		FREE!*
7703QC	DVD - Quality Child Care <b>NEW!</b>	\$39.95
Video: 21 min., Section: Full DVD		
<i>Lesson 6.5 - Learning Through Play</i>		-
7778EE	DVD - Experience, Explore and Learn through Play New Dec. '13	\$25.95
Video: 20 min., Section: Full DVD		
<b>7677EW-7</b>	<b>Module 7 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 7.1 - Pediatric Emergencies NEW!</i>		FREE!*
7743SI	DVD - Surviving Infancy (used w/7.2) <b>NEW!</b>	\$24.95
Video: 60 min., Section: Pediatric Emergencies		
<i>Lesson 7.2 - Routine Illnesses NEW!</i>		FREE!*
7743SI	DVD - Surviving Infancy (used w/7.1) <b>NEW!</b>	\$24.95
Video: 54 min., Section: Routine Illness		
<i>Lesson 7.3 - Car Seat Safety</i>		-
7813CS	DVD - Simple Steps to Child Passenger Safety	\$34.95
Video: 17 min., Section: "Section for Appropriate age of child"		
<i>Lesson 7.4 - Your Baby Can Sleep</i>		-
7730YB-D	DVD - Your Baby Can Sleep	\$29.95
Video: 24 min., Section: Full DVD		
<i>Lesson 7.5 - Domestic Violence NEW!</i>		FREE!*
7726DV	DVD - Family Violence The Impact on Children <b>NEW!</b>	\$89.95
Video: 18 min., Section: Full DVD		
9986DV	Lit - Domestic Violence (Qty 50) <b>NEW!</b>	\$17.50
995DL	Literature - Discipline with Love	\$1.50
<b>7677EW-8</b>	<b>Module 8 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 8.1 - Food for Growth</i>		-
7714ME	DVD - Growing Up (also in 8.3) New 2014!	\$49.95
Video: 14 min., Section: Food For Growth		
<i>Lesson 8.2 - Looking at Adoption</i>		-
7725LG-D	DVD - Adoption, Understanding Your Options	\$29.95
Video: 18 min., Section: Full DVD		
7635LA	Literature - Looking at Adoption	\$4.75
966CA	Literature - A Case for Adoption	\$1.95
<i>Lesson 8.3 - Your Baby's Development</i>		-
7714ME	DVD - Growing Up (also in 8.1) New 2014!	\$49.95
Video: 16 min., Section: Your Baby's Development		
<i>Lesson 8.4 - Preventing Child Sexual Abuse</i>		-
7826MC	DVD - Smarter Adults Safer Children	\$49.95
Video: 30 min., Section: Full DVD		
<i>Lesson 8.5 - Shaken Baby Syndrome NEW!</i>		FREE!*
78387SB	DVD - Elijah's Story <b>NEW!</b>	\$49.00
<b>7677EW-9</b>	<b>Module 9 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 9.1 - Postpartum: From Pregnant to Parent</i>		-
7710BB	DVD - More Than Baby Blues	\$44.95
Video: 33 min., Section: Full DVD		
<i>Lesson 9.2 - Your Healthy Baby</i>		-
78288HB-D	DVD - Your Healthy Baby	\$16.95
Video: 26 min., Section: Full DVD		
<i>Lesson 9.3 - Ready to Learn</i>		-
78283RL-D	DVD - Ready to Learn	\$16.95
Video: 30 min., Section: Full DVD		
<i>Lesson 9.4 - Happiest Baby on the Block</i>		-
78326HB	DVD - The Happiest Baby	\$25.95
Video: 37 min., Section: Full DVD		
<i>Lesson 9.5 - Toilet Training NEW!</i>		FREE!*
7708TT	DVD - Potty Training <b>NEW!</b>	\$39.95
9460PT	Lit - Potty Training (Qty 50) <b>NEW!</b>	\$17.50
Video: 25 min., Section: Full DVD		
<b>7677EW-10</b>	<b>Module 10 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 10.1 - Goals and Benefits of Breastfeeding</i>		-
78388SB	DVD - Simply Breast Feeding	\$59.95

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## Toddler Pack

### Description

These 3 modules cover the parenting skills all mothers will need when raising a toddler.

Parenting toddlers can be tiring... and exciting! Earn While You Learn added the Toddler Pack to help young mothers learn the tools in dealing with all the energy and curiosity a toddler brings to their family. Starting with lessons on age appropriate developments, moving to proper discipline for toddlers and then covering important safety issues, Module T1 is a great start to the Toddler Pack. In Module T2 the lessons move into looking at some of the challenges a toddler can bring and how your clients can "Survive Motherhood." Finally, Module T3 helps mothers understand some ways to make the toddler years be enjoyable while covering some of the more common struggles such as bedtimes, listening, and sleeping issues.

All 15 lessons are perfectly designed for mothers with children in or approaching the toddler years. Each lesson is written in our easily understood format with questions designed to grow relationships and enhance understanding. At the end of every lesson is homework for your client to take home. Most homework in this pack covers information that all mothers of toddlers will need to know including: car seat safety, routines, biting, potty training, whining, new babies and older children and more.

After clients complete the appropriate lessons in the Main Curriculum, the Toddler Pack is here to help them become great moms and raise emotionally and physically healthy children.

### Resources

<b>*7677T1</b>	<b>Module T1 - Notebook</b>	<b>\$69.95</b>
<i>Lesson T1.1 - Big Changes</i>		
7780UI	DVD, Understanding Your Infant	\$19.95
	Video: 7 min., Section: Age Group: 9 mo.	
9486DM	Lit. - Developmental Milestones	\$0.35
9487DB	Lit. - Discipline for Babies	\$0.35
<i>Lesson T1.2 - Growing Up</i>		
7780UI	DVD, Understanding Your Infant	\$19.95
	Video: 7 min., Section: Age Group: 12 mo.	
9469CS	Lit. - Car Seat Safety	\$0.35
9457RT	Lit. - Routines	\$0.35
<i>Lesson T1.3 - Ms. Personality</i>		
7808UT	DVD, Understanding Your Toddler	\$19.95
	Video: 13 min., Section: Age Group: 15 mo.	
9453PB	Lit. - Biting	\$0.35
<i>Lesson T1.4 - Mr. Independent</i>		
7808UT	DVD, Understanding Your Toddler	\$19.95
	Video: 7 min., Section: Age Group: 18 mo.	
9454TT	Lit. - Tantrums	\$0.35
<i>Lesson T1.5 - Big Kid</i>		
7808UT	DVD, Understanding Your Toddler	\$19.95
	Video: 9 min., Section: Age Group: 24 mo.	
9460PT	Lit. - Potty Training	\$0.35
<i>*Module T1 was Module 11 in the main curriculum. If you already own module 11, please look at the upgrade.</i>		
<b>7677T2</b>	<b>Module T2 - Notebook</b>	<b>\$69.95</b>
<i>Lesson T2.1 - Life with Toddler</i>		
7767LT	DVD, Life with Toddler	\$19.95
	Video: 30 min., Section: Full DVD	
<i>Lesson T2.2 - Temper Tantrums</i>		
7766SM	DVD, Surviving Motherhood (Also used in T3)	\$69.95
	Video: 20 min., Section: Disc 1: Temper Tantrums	

	Video: 28 min., Section: Chapters 2, 3, & 4	
9470WB	Lit. - Breast is Best	\$0.35
<i>Lesson 10.2 - Techniques and a Good Latch</i>		-
78388SB	DVD - Simply Breast Feeding	\$59.95
	Video: 24 min., Section: Chapters 5, 6, & 7	
9471HB	Lit. - How to Breast Feed	\$0.35
<i>Lesson 10.3 - Getting Enough Milk</i>		-
78388SB	DVD - Simply Breast Feeding	\$59.95
	Video: 15 min., Section: Chapters 8, 9, & 10	
9472BP	Lit. - Problems and Solutions	\$0.35
<i>Lesson 10.4 - Growth Spurts and Essentials</i>		-
78388SB	DVD - Simply Breast Feeding	\$59.95
	Video: 8 min., Section: Chapters 11 & 12	
9472BP	Lit. - Problems and Solutions	\$0.35
<i>Lesson 10.5 - Returning to Work</i>		-
78389BB	Audio - Breast Pumps and Briefcases	\$54.99
	Video: 65 min., Section: Full DVD	
9473FF	Lit. - Formula Feeding	\$0.35
<b>7677EW-11</b>	<b>Module 11 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 11.1 - Introduction and Options</i>		-
7720LD	DVD - Labor 101	\$44.95
	Video: 20 min., Section: Chapter 1 & 2	
<i>Lesson 11.2 - Interventions and Labor</i>		-
7720LD	DVD - Labor 101	\$44.95
	Video: 15 min., Section: Chapter 3 & 4	
<i>Lesson 11.3 - Moving Through Labor</i>		-
7720LD	DVD - Labor 101	\$44.95
	Video: 20 min., Section: Chapter 5 & 6	
<i>Lesson 11.4 - What to Expect</i>		-
7720LD	DVD - Labor 101	\$44.95
	Video: 35 min., Section: Chapter 7 & 8	
<i>Lesson 11.5 - Infant Care</i>		-
7720LD	DVD - Labor 101	\$44.95
	Video: 10 min., Section: Chapter 9	
<b>7677EW-12</b>	<b>Module 12 - Notebook</b>	<b>\$69.95</b>
<i>Lesson 12.1 - Introduction</i>		-
<i>Lesson 12.2 - Newborn Milestones</i>		-
7711AB	DVD - Aimee's Babies (used all 5 lessons) NEW!	\$19.95
	Video: 15 min., Section: Chapter 1 & 2	
<i>Lesson 12.3 - Three to Four Month Milestones</i>		-
7711AB	DVD - Aimee's Babies (used all 5 lessons) NEW!	\$19.95
	Video: 20 min., Section: Chapter 3	
<i>Lesson 12.4 - Six to Nine Month Milestones</i>		-
7711AB	DVD - Aimee's Babies (used all 5 lessons) NEW!	\$19.95
	Video: 15 min., Section: Chapter 4	
<i>Lesson 12.5 - Twelve Month Milestones</i>		-
7711AB	DVD - Aimee's Babies (used all 5 lessons) NEW!	\$19.95
	Video: 13 min., Section: Chapter 5	
<b>7601EWYL-EC</b>	<b>All 12 modules, all resources (10 of each booklet, and 50 of each literature piece)</b>	<b>\$2,732.39</b>
		<b>\$2,149.95</b>

9456WH	Lit: Whining	\$0.35
<i>Lesson T2.3 - Competing for Attention</i>		
7766SM	DVD, Surviving Motherhood (Also used in T3) Video: 20 min., Section: Competing for Attention	\$69.95
9458BH	Lit: New Babies and Older Children	\$0.35
<i>Lesson T2.4 - More Toddler Nutrition</i>		
9466SF	Lit: Introduction to Solid Food	\$0.35
<i>Lesson T2.5 - Sign with Your Toddler</i>		
7772SB	DVD, Sign with Your Baby Video: 60 min., Section: Full DVD	\$25.95
<b>7677T3</b>	<b>Module T3 - Notebook</b>	<b>\$69.95</b>
<i>Lesson T3.1 - Terrible Twos</i>		
7766SM	DVD, Surviving Motherhood (Also used in T2) Video: 20 min., Section: Disc 2: Terrible Twos	\$69.95
9455PS	Lit: Stealing	\$0.35
<i>Lesson T3.2 - The Happiest Toddler</i>		
7800HT	DVD, Happiest Toddler on the Block Video: 69 min., Section: Full DVD	\$25.95
<i>Lesson T3.3 - Bedtime Struggles</i>		
7766SM	DVD, Surviving Motherhood (Also used in T2) Video: 20 min., Section: Bedtime Challenge	\$69.95
9459KW	Lit: Watching for Abuse	\$0.35
<i>Lesson T3.4 - The Sleepy Solution</i>		
7773SS	DVD, The Sleepy Solution Video: 97 min., Section: Full DVD	\$24.95
<i>Lesson T3.5 - Not Listening</i>		
7766SM	DVD, Surviving Motherhood (Also used in T2) Video: 21 min., Section: Only Listens to Dad	\$69.95
9468BS	Lit: Baby Illnesses	\$0.35
<b>7601EWYL-TP All 3 modules, all resources (10 of each booklet, and 50 of each literature piece)</b>		<b>\$644.20</b> <b>\$449.95</b>

## **PARENTING 101**

*Those who are currently pregnant and support people*

### **Week 1: Healthy Relationships**

*What are the characteristics to be found within a healthy relationship? Strong communication? Mutual interest? Similar goals? We discuss what it takes to create and maintain a healthy relationship with one's self, others, and the baby they are carrying.*

### **Week 2: Nutrition**

*This week's topic focuses on healthy nutrition for expectant moms and their unborn babies. We discuss the food pyramid, tips and tricks for morning sickness, remedies for indigestion, and build a week's menu to put the learning into practice.*

### **Week 3: Budgeting**

*Providing assistance in determining what a budget is, how to establish a budget, and the importance of maintaining a budget. Key areas to budget towards will be established while including any state assistance each client is receiving and then each client breaks down how it works individually for them.*

### **Week 4: Time Management/Preparing for Baby**

*Organization and time management is vital in parenting. Whether juggling a schedule with work, family life, hobbies and personal lives feeling prepared upon baby's arrival will help to eliminate some of the angst associated with parenting.*

### **Week 5: Childbirth overview**

*While a more extensive childbirth class is offered within our groups curriculum there is a need to have a basic understanding of what is to be expected in labor and delivery. Also, perhaps encourage our clients to attend our extended childbirth class.*

### **Week 6: Review, Survey, Celebration**

*This week is focused on looking back on what has been learned, look ahead at how to implement these lessons, receiving feedback regarding changes that may help to better the Parenting 101 curriculum, and celebrate the investment each client has made in attending these classes. Clients receive a gift of a baby book to track all the new things experienced in pregnancy and infancy.*

## **Parenting 201**

*Those who have delivered up to 1 year old and support people*

### **Week 1: Parenting styles & techniques**

*Much of one's parenting style is determined by that which they experienced in their family of origin, thus determining if they want to follow that pattern or set a new one. This lesson focuses on four types of parenting styles: authoritarian, authoritative, uninvolved, and permissive.*

### **Week 2: Developmental Play & Engagement**

*There are many milestones and discoveries a baby makes within his first year of life. Through this lesson we discuss tummy time, infant massage, and bonding with baby.*

### **Week 3: Safety in the home and community**



*Many dangers lurk within homes once a baby becomes mobile. During this week precautionary methods are discussed in order to baby proof our homes. The need for safety with those surrounding one's children is also discussed.*

#### **Week 4: Nutrition**

*The need to build a healthy nutritional base is discussed for families. Determining the schedule of implementing baby food, the possibility of making baby food at home and the cost saved in doing so. Also, things to look for in food allergies as new foods are implemented.*

#### **Week 5: Support System**

*In this lesson we discuss the key relationships that exist in a client's life and how those relationships impact the child(ren). Emotional impact is also discussed in acknowledging those who may be positive or negative influences and the need for healthy boundaries.*

#### **Week 6: Review, Survey, Celebration**

*This week is focused on looking back on what has been learned, look ahead at how to implement these lessons, receiving feedback regarding changes that may help to better the Parenting 101 curriculum, and celebrate the investment each client has made in attending these classes. Clients receive a gift of*

### **Parenting 301**

*Those who have a child between 1-2 years old and support people*

#### **Week 1: Discipline/Reward System**

*As babies become toddlers personalities develop and boundaries are tested. Discipline is an important foundation to begin laying at this stage in order to build upon it in the future. Reward systems/charts are provided and discussed for various developmental needs.*

#### **Week 2: Engaging with your toddler**

*Lullabies and nursery rhymes are shared with clients as they engage with their child in class. Redirection, encouragement, and expression are also discussed.*

#### **Week 3: Nutrition**

*As a baby grows into a toddler nutrition needs change. With this change there are new food options to provide a growing child and some dislikes may be noted. In this class clients learn how to make a healthy fruit smoothie that include essential nutrients that a child may not enjoy on their own.*

#### **Week 4: Self Care**

*In order to pour love and energy into others you must pour energy and love into one's self. Various techniques of encouragement, emotional processing, and healthy outlets/coping skills to implement when feeling overwhelmed or running on empty.*

#### **Week 5: What's next...how to implement learning as child grows**

*How can all of the lessons learned be implemented as a child continues to grow? Focusing on healthy relationships, self care, nutrition, and bonding clients will learn the need to continue to grow with their child.*

#### **Week 6: Review, Survey, Celebration**

*This week is focused on looking back on what has been learned, look ahead at how to implement these lessons, receiving feedback regarding changes that may help to better the*

*Parenting 101 curriculum, and celebrate the investment each client has made in attending these classes. Clients receive a gift of a memory box and burlap measuring chart to track their child's growth throughout his or her life.*

### **Relationship Smarts**

**Week 1: Getting Acquainted (journal, string, & puzzle activity)**

*Making connections and building rapport is key in order to dig deep into the areas of improvement needed within relationships. Each client completes a puzzle piece that identifies with who they are or what they enjoy, a journal to track the learning that takes place in the group class, and an activity that helps to connected commonalities between others.*

**Week 2: Where does your worth lie? (dove video & unique traits)**

*This lesson focuses on recognizing the beauty within, the importance of acknowledging gifts that each client possesses. Making a list of unique traits and then assigned homework to ask support people in life to add to this list.*

**Week 3: Healthy VS Harmful (relationship quiz and bow and arrow activity)**

*Identifying healthy and harmful relationships in life is vital as a person and as a parent. Within the bow and arrow illustration, it was helpful to see what goes in and what comes out and the need for positive influence.*

**Week 4: Creating healthy boundaries (circle of support & coffee filter activity)**

*In this lesson we discuss the key relationships that exist in a client's life and how those relationships impact the child(ren). Emotional impact is also discussed in acknowledging those who may be positive or negative influences and the need for healthy boundaries.*

**Week 5: Communication (speaker/listener activity and 9 step article)**

*Healthy communication is one of the biggest keys to healthy relationships. Through the speaker/listener illustration clients are able to acknowledge to listen often times more than what feels natural in order to truly understand the person communicating.*

**Week 6: Review, survey, celebration**

*This week is focused on looking back on what has been learned, look ahead at how to implement these lessons, receiving feedback regarding changes that may help to better the Relationship Smarts curriculum.*